

## Aging & Disability Resource Center of Waukesha County

514 Riverview Ave  
Waukesha, WI 53188

Local: 262-548-7848

Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

[www.waukeshacounty.gov/adrc](http://www.waukeshacounty.gov/adrc)

**After hours call  
IMPACT 2-1-1  
211, or toll free  
1-866-211-3380**

**National Alliance on Mental  
Illness of Waukesha County  
(NAMI)**

262-524-8886

**Veteran's Services**

262-548-7732

**Moraine Lakes Consortium**

888-446-1239

**Alzheimer's Association**

800-272-3900  
(24/7 Helpline)

[www.alz.org/sewi](http://www.alz.org/sewi)

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## Caregiver Event Recap!



Thank you to everyone who was able to attend one of our drive-thru caregiver events in November to celebrate National Family Caregiver month!

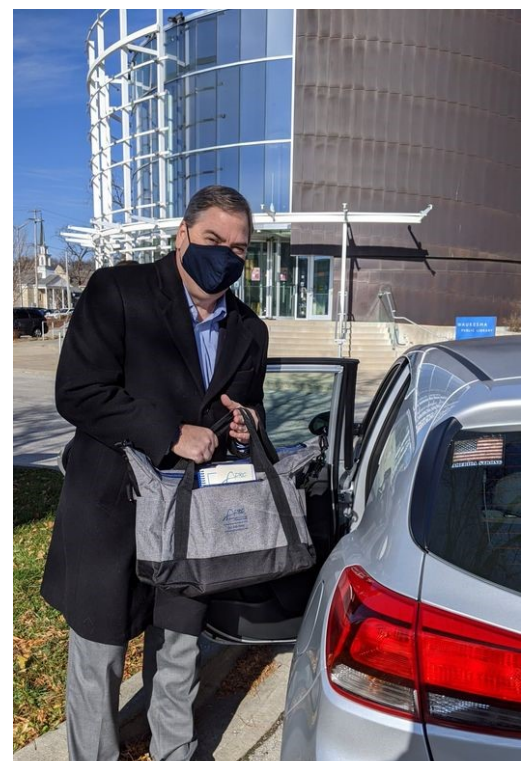
Waukesha County caregivers received recognition for their hard work and dedication to make it their mission to keep a loved one happy and safe. There are many caregivers across Waukesha County who are selflessly putting their own lives on hold to make sure their loved ones are cared for.

This year, due to the pandemic, the ADRC in partnership with Bridges Library System and Dementia Friendly Waukesha County recognized Waukesha County caregivers through a contactless drive-thru event. Caregivers picked up their gift bags at various locations throughout Waukesha County. We thank caregivers for all they do for the person they are caring for, and we hope they have the opportunity to take a minute for themselves and enjoy the goodies provided in their gift bags.

To learn more about services available for Waukesha County caregivers:

**(262) 548-7848**

**[www.waukeshacounty.gov/ADRC](http://www.waukeshacounty.gov/ADRC)**



# NATIONAL HANDWASHING AWARENESS WEEK



The first week of December is National Handwashing Awareness Week. Handwashing is one of the most important activities we can do to stay healthy year round and prevent germs and diseases from spreading.

Handwashing significantly decreases the number of people who get sick with diarrhea and respiratory illnesses.

Handwashing is one of the most effective ways to prevent the spread of germs, but it's important to follow these five steps *every time*.

1. **Wet** your hands with clean, running water and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Singing the song "Happy Birthday" from beginning to end twice is about 20 seconds.
4. **Rinse** your hands under water.
5. **Dry** your hands using a clean towel or air dry them.

Handwashing is one of the most important things you can do to prevent food poisoning when you are preparing food, especially during crucial times in the kitchen:

- Before eating.
- Before, during, and after preparing any food.
- After touching raw meat, poultry, seafood, and eggs.
- After handling garbage.
- After touching pets, pet food, or pet treats.
- After coughing, sneezing, or blowing your nose.

What about hand sanitizers? Whenever possible it is recommended to wash hands with soap and water. However, if soap and water are not available, hand sanitizer with a minimum of 60% alcohol can be used. Alcohol-based hand sanitizers can reduce the number of germs, but sanitizers do not eliminate all types of germs, especially some germs that cause diarrhea. Hand sanitizers should not be used when hands are visibly dirty.

How to use hand sanitizer:

1. Apply the gel product to the palm of one hand.
2. Rub your hands together.
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds. Many people do not apply enough hand sanitizer to rub the gel for 20 seconds.

With the simple act of handwashing, you can keep yourself and your family healthier this winter. For more information visit <https://www.cdc.gov/handwashing/>.

# 2021 Medicare Information Released

The Centers for Medicare & Medicaid Services (CMS) recently announced the 2021 premiums, deductibles, and coinsurance amounts for Medicare Parts A and B.

Medicare Part A covers inpatient hospital stays and rehabilitation care at a skilled nursing facility. According to CMS, more than 95% of Medicare beneficiaries receive premium-free Medicare Part A because they have at least 40 quarters of employment paying into Medicare taxes.

## Medicare Part A costs

| Description  | 2020    | 2021     |
|--|---------|----------|
| Deductible (per benefit period)                              | \$1,408 | \$1,484  |
| Daily coinsurance in hospital days 61-90                     | \$352   | \$371    |
| Daily coinsurance in hospital days 91-150                    | \$704   | \$742    |
| Daily coinsurance in a skilled nursing facility, days 21-100 | \$176   | \$185.50 |

Medicare Part B covers physician services, outpatient hospital services, durable medical equipment at home, outpatient rehabilitation therapies, and outpatient laboratory services and testing. Regardless of work quarters, everyone pays a Medicare Part B premium (unless a person qualifies for a premium subsidy). Typically, Medicare Part B provides insurance coverage on an 80/20% basis.

## Medicare Part B costs

| Description       | 2020     | 2021     |
|-------------------|----------|----------|
| Monthly Premium   | \$144.60 | \$148.50 |
| Annual Deductible | \$198    | \$203    |

In addition to Medicare Part A and B, it's important to take note of pricing changes on Medicare Part D drug plans and Medicare Advantage plans (optional). The last day of Medicare Open Enrollment is December 7<sup>th</sup> for plan changes in 2021.

Beneficiaries receiving Social Security retirement, survivors, and disability benefits will see a modest increase in their monthly benefit amount in 2021. The Social Security Administration recently announced that beneficiaries will receive a 1.3% increase in 2021 due to the cost of living adjustment (COLA).



## Resilience: A Helpful Tool for Caregivers

When life takes a turn you weren't expecting and you find yourself in a place you'd rather not be, do you fall apart or face the situation with confidence and strength? There's nothing like a global pandemic to test your ability to cope. Add to that the regular challenges of being a caregiver and the stress that comes with the holidays and even the strongest person may falter. While your first reaction to these challenges might be fear and anxiety, adopting principals of resilience can help you respond more positively during hard times.

Resilience is the ability to cope when things go wrong. Some people are better at this than others, but all of us can learn to become more resilient by adopting these principles:

- 1.) Solve the right problems. Instead of mulling over things you are powerless to change, focus on what you can do. You can't make COVID-19 go away or somehow undo the fall your mother took, but you can find ways to add meaning to each day and add safety measures to prevent falls in the future.
- 2.) Find meaningful activities. As a caregiver, it is easy to lose your own individuality in the hubbub of what needs to get done, especially with the added challenges of the pandemic. However, it is vital to carve out time to do something you love; something that gives you energy and recharges your battery.
- 3.) Get connected. It is vital to stay connected to others and reach out for help when needed. Asking for help is not a sign of weakness but a sign of wisdom and strength. Even with COVID restrictions in place, a friend can drop off a meal or visit with you and your loved one by phone. Participating in a virtual support group or event can also connect you with others who are in a similar situation, which can help you feel more positive about your situation.
- 4.) Remain hopeful. You can't change what has happened, but you can look positively toward the future. Set goals to focus on – both long term and everyday goals. Find a success in each day to keep you feeling optimistic and capable. Actively foster positive thoughts.
- 5.) Learn from experience. Reflect on how you faced hardships in the past and build on those strategies that were successful. When you do make a mistake don't dwell on it. Figure out what led to the blunder – like a lack of sleep – and fix it. Find practical and correctable reasons for mistakes rather than focus the blame inward to yourself as a "bad" person.
- 6.) Believe in your ability to cope. It is easy to get overwhelmed with the responsibility of caregiving added to the challenges facing the world right now. Feelings of fear and anxiety are normal and okay; validate them. Then move forward and be aware of the personal strengths and resources you have.
- 7.) Take pride in your accomplishments. When you find success, whether big or small, give yourself credit. Acknowledging that an achievement was the result of your hard work and effort rather than just good luck helps you feel capable to deal with the hardships and setbacks that come your way.

Caregiving can be full of challenges and difficulties, especially with all the added stressors right now. Becoming a resilient caregiver will help you adapt to these tough times and become a stronger and more confident person in all you do.

If you have questions about your caregiving experience, please call the ADRC at (262) 548-7848.





Dear Ina,

I know COVID-19 numbers are high right now and we are supposed to be staying home, but I live by myself and its starting to get really lonely. My niece invited me over for the holidays and I want to go, but how do I know if its safe to attend? She said there will only be 10 people there. If I wear my mask most of the time, will I be okay?

Sincerely,

Holly Dazed



Dear Holly,

Unfortunately, COVID-19 is still spreading across all Wisconsin communities, and we must do our part to stop the spread as much as we can. Some easy ways to do that are to stay home, wear a mask when you must go out, and to keep gatherings with those outside of your household to a minimum. However, we understand that many people, like you, are feeling especially isolated, and it can be difficult to make these decisions when a friend or family member invites you over to visit.

The Wisconsin Department of Health Services recognizes that many people will be faced with these difficult decisions during the holiday season so they have created a “Decision Tool” to help you weigh your options and make informed choices. The full tool can be found online at <https://www.dhs.wisconsin.gov/covid-19/decision.htm>, but here are some basic questions to ask yourself when you are thinking about travelling or gathering with friends and family:

- Are you, or someone you live with, at high risk for severe infection or becoming hospitalized from COVID-19?
- If you get sick, do you have access to health care or a hospital where you can get care?
- Are you able to self-quarantine (stay at home away from others) for 14 days if you or someone you live with has come into contact with someone who has COVID-19?
- Do you need to participate in this activity to meet your basic needs, such as food, water, health care, shelter, or personal safety?
- Will you have to share any items, equipment, or tools with other people? Will you be able to disinfect them between users?
- Can you do other activities that put yourself, others, and your community at lower risk?
- Is COVID-19 spreading in your community?
- If the activity takes place outside of your local community, have you checked the local conditions for your destination to see if COVID-19 is spreading there?
- Does your community have access to community testing sites?



If, after answering all these questions, you realize attending the gathering will put you at high risk, you may be able to come up with an alternate solution that allows you to still be involved. Can you attend the event virtually? If you have trouble with technology, do you have one family member or friend, who has been following COVID-19 guidelines, who can come over and help you get connected or show you how to use your device? **Find more helpful information about utilizing technology on page 17 of this newsletter.**

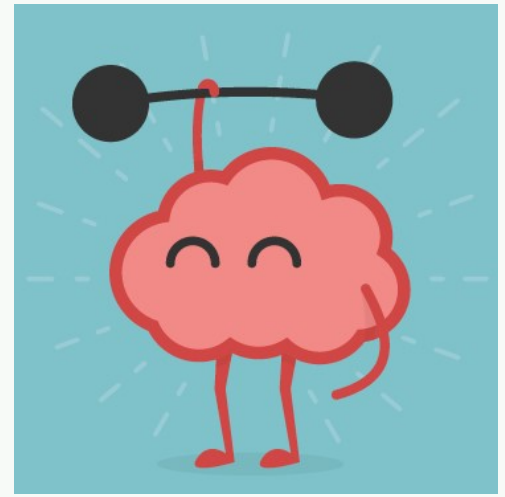
If you are adamant about attending the event, make sure the host and other guests are following guidelines (washing hands, wearing masks, sanitizing utensils), maintain physical distance as much as possible, improve ventilation or have the event outside, and keep the event short. **Above all - stay safe!**

## 6 Brain-Healthy Habits

Scientific evidence suggests that people can reduce their risk of memory loss by adopting healthy habits. Try to practice all or a combination of the lifestyle habits below. It's never too late, or too early, to start taking care of your brain.

### On-Going Physical Activity

Regular physical activity has many health benefits including increased energy, improved strength and balance, positive mood, and the prevention of chronic diseases. There is also evidence of a link between ongoing physical activity and brain health! Try to engage in activities or exercises that raise your heart rate to increase blood flow to the brain and body. Aim to get 150 minutes of physical activity each week. If you aren't very active, start with something simple like walking and challenge yourself a little bit more over time.



### Keep Your Mind Active

When it comes to brain health, most people think of brain teasers or puzzles. While these activities can certainly challenge your mind, it is important to also engage in on-going and meaningful actions that keep you mentally stimulated. Examples include volunteering, participating in or learning a new hobby, taking or teaching a class, and doing something artistic or creative.

### Monitor Your Health

- Take care of your heart
- Avoid smoking and limit alcohol consumption
- Complete recommended health screenings
- Manage chronic health problems
- Aim to get 7-8 hours of sleep
- Talk with your health care provider

### Eat Healthy

In addition to reducing the risk of many chronic diseases, eating a healthy diet can also be beneficial for brain health. Some studies suggest the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets may help to lower the risk of developing mild cognitive impairment. These diets include daily intake of fruits, vegetables, and whole grains along with weekly intake of lean meats like fish and poultry, moderate intake of dairy products, and limited intake of red meat. Make sure to also drink enough water throughout the day and limit your portion sizes.

### Manage Stress

Chronic stress is associated with the buildup of the hormone cortisol, which is toxic to brain cells. This accumulation inhibits the creation of new brain cells and prevents the formation of new connections between neurons. The good news is that daily techniques such as mindful meditation and breathing exercises can help lower your stress.

### Stay Connected

Keep your brain active and reduce feelings of loneliness by staying socially engaged. Regularly visit with friends and family. Make other connections by participating in social activities and community programs that are meaningful to you.

### Sources:

AARP Staying Sharp's Six Pillars of Brain Health <https://stayingsharp.aarp.org/about/brain-health/the-science/>  
NIH Cognitive Health and Older Adults <https://www.nia.nih.gov/health/cognitive-health-and-older-adults>

# Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Prevention Programs are to empower participants to adopt healthy behaviors, improve the health status of participants, and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

## Healthy Living with Diabetes Phone-Based Workshop

This virtual workshop is ideal for any adult who has, or lives with someone who has, pre-diabetes or type 2 diabetes. Participants gain knowledge and learn new skills to increase their confidence in managing diabetes. Monitoring, nutrition, exercise, and symptom management are some of the topics covered during these six weekly sessions. The program doesn't replace existing treatments, but serves to complement a participant's current medical treatment plan.

**Details:** This workshop will meet virtually over Microsoft Teams on **Wednesdays, January 20, 27, February 3, 10, 17, 24 from 10:00 am – 12:30 pm**. Once registered, participants will receive materials and instructions for how to join each session online. Participants must be comfortable using technology and have access to a computer or tablet with internet access.

**Contact:** Katie at the ADRC: (262) 548-7848 or [kriemenschneider@waukeshacounty.gov](mailto:kriemenschneider@waukeshacounty.gov)

**REGISTER BY JANUARY 8, 2021**

## Aging Mastery Playbook Discussion Group

Participants who sign up for this 6-week online discussion group will receive the National Council on Aging's (NCOA) *Aging Mastery Starter Kit* in the mail. The Starter Kit is a fun and engaging experience that will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourself and for others. The Starter Kit will inspire you to take steps toward positive aging across six dimensions: Legacy & Purpose, Gratitude & Mindfulness, Health & Well-Being, Finances & Future Planning, Connections & Community, and Creating & Learning. Each dimension has specific actions that you are encouraged to incorporate your daily life. The Starter Kit contains the *Aging Mastery Playbook*, Activity Cards, Exercise DVDs, a Notepad, and Magnet. The discussion group, led by a volunteer facilitator, will guide participants through the *Playbook* and allow participants to connect with others.

**Details:** The discussion group will meet virtually over Microsoft Teams on **Tuesdays, February 23, March 2, 9, 16, 23, 30 from 9:30 – 10:30 am**. Once registered, participants will receive materials and instructions for how to join each session online. Participants must be comfortable using technology and have access to a computer or tablet with internet access.

**Contact:** Katie at the ADRC: (262) 548-7848 or [kriemenschneider@waukeshacounty.gov](mailto:kriemenschneider@waukeshacounty.gov)

**REGISTER BY FEBRUARY 12, 2021**

## Living Well with Chronic Conditions Online Workshop

For adults who are not suffering from dementia but have one or more chronic (ongoing) health condition. Heart and lung problems, high blood pressure, high cholesterol, chronic pain, arthritis, and asthma, as well as Crohn's disease and depression are a few examples of a chronic ongoing condition. During this highly participative six-week virtual workshop you will learn practical ways to deal with complications that arise with ongoing health conditions. With mutual support, participants learn to better manage their conditions and maintain healthy active lives. Those who live with someone who has an ongoing health problem will also benefit from this workshop.

**Details:** This workshop will meet virtually over Microsoft Teams on **Wednesdays, March 3, 10, 17, 24, 31, April 7 from 10:00 – 12:30 pm**. Once registered, participants will receive materials and instructions for how to join each session online. Participants must be comfortable using technology and have access to a computer or tablet with internet access.

**Contact:** Katie at the ADRC: (262) 548-7848 or [kriemenschneider@waukeshacounty.gov](mailto:kriemenschneider@waukeshacounty.gov)

**REGISTER BY FEBRUARY 19, 2021**



# National Maple Syrup Day!



It's a sticky subject!!!! Did you know that December 17<sup>th</sup> each year is Maple Syrup Day in the United States. This delicious, natural sweetener was first processed by indigenous peoples in North America using the xylem sap from sugar maple, red maple and black maple trees. The trees are tapped by boring holes in them and collecting the sap which is then heated to evaporate most of the water. European settlers refined the process and in the 1970's, technology helped to further the refinement, which give us the syrup we have today. There are even syrup production farms called sugarbushes or sugarwoods. These farms clear their land of fallen limbs and debris in early Spring and wait for "sugaring weather". Sugaring weather is the optimal time to get the most production of sap from the trees. It is when daytime temperatures start to melt the winter snow, but the nights still bring below freezing temperatures. Once the sap is extracted from the trees it is processed immediately to produce the finest syrup possible. The sap is boiled until what was 98% water and 2% sugar is now 33% water and 67% sugar. It takes a whopping 40 gallons of sap to make 1 gallon of syrup.

The United States was the leading producer of maple syrup until the 1930's when Canada became the world's largest producer. Vermont is still the leading producer in the United States of maple syrup. This year, Vermont tapped 6,150,000 maple trees which produced 2,220,000 gallons of syrup. Now that is a lot of syrup!! Wisconsin tapped 780,000 maple trees and produced 265,000 gallons of syrup, again, that is a lot of syrup!

Maple syrup is graded almost like a fine diamond, but the grades have been replaced with classifications. Maybe you have noticed when you go to buy some syrup and there is no longer B grade syrup? The USDA and the International Maple Syrup Institute (IMSI) set the standards for the different classifications of syrup, which is mostly based on color, clarity, and flavor profiles. What was once grade B syrup is now classified as Grade A: Dark Color, Robust Flavor. Some other classifications include Grade A: Light Amber, and Grade A: Dark Amber. Most sugarwood farmers recommend that you try them all and then determine your favorite. The darker the color, the stronger the flavor of the syrup is a pretty good rule of thumb when it comes to maple syrup.

Whichever syrup you prefer, make sure you celebrate National Maple Syrup Day on December 17<sup>th</sup> with a stack of pancakes, a smoothie or with some French Toast. It will surely sweeten you day.

# HAPPY HOLIDAYS!

~ The ADRC Staff ~

## Additional Resources Available in Spanish!

### BenefitsCheckUp is now in Spanish!

Millions of users have accessed reliable benefits information with BenefitsCheckUp. Now the tool is available in Spanish at BuscaBeneficios.org. Users can screen exclusively in Spanish or toggle between the English and translated pages. The translated tool is among a suite of resources NCOA offers in Spanish related to COVID-19, scams, benefits access, and more.

Visit <https://www.buscabeneficios.org>

Find more Spanish resources here:

[https://www.ncoa.org/about-ncoa/bienvenidos-a-ncoa/?](https://www.ncoa.org/about-ncoa/bienvenidos-a-ncoa/?utm_source=newsletter&utm_medium=email&utm_campaign=FY20_CBA_BenefitsAlert112020)

[utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=FY20\\_CBA\\_BenefitsAlert112020](https://www.ncoa.org/about-ncoa/bienvenidos-a-ncoa/?utm_source=newsletter&utm_medium=email&utm_campaign=FY20_CBA_BenefitsAlert112020)

### ¡BenefitsCheckUp ahora está en español!

Millones de usuarios han accedido a información de confianza sobre beneficios con BenefitsCheckUp. Ahora la herramienta está disponible en español en BuscaBeneficios.org. Los usuarios pueden visualizar exclusivamente en español o alternar entre las páginas en inglés y traducidas. La herramienta traducida se encuentra entre un conjunto de recursos que la NCOA ofrece en español relacionados con COVID-19, estafas, acceso a beneficios y más.

Visita <https://www.buscabeneficios.org>.

Encuentra más recursos en español aquí: [https://www.ncoa.org/about-ncoa/bienvenidos-a-ncoa/?](https://www.ncoa.org/about-ncoa/bienvenidos-a-ncoa/?utm_source=newsletter&utm_medium=email&utm_campaign=FY20_CBA_BenefitsAlert112020)

[utm\\_source=newsletter&utm\\_medium=email&utm\\_campaign=FY20\\_CBA\\_BenefitsAlert112020](https://www.ncoa.org/about-ncoa/bienvenidos-a-ncoa/?utm_source=newsletter&utm_medium=email&utm_campaign=FY20_CBA_BenefitsAlert112020)

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### Updates to National Guardianship Association FAQ

In September, the National Guardianship Association updated its "Frequently Asked Questions" for guardians during the Covid-19 pandemic. ([https://www.guardianship.org/wp-content/uploads/2020/04/FAQ\\_FINAL\\_04162020.pdf](https://www.guardianship.org/wp-content/uploads/2020/04/FAQ_FINAL_04162020.pdf)). This document is also available in Spanish (<https://www.guardianship.org/wp-content/uploads/FAQ-final-complete-Spanish-5-22.pdf>).

Actualizaciones de las preguntas frecuentes de la Asociación Nacional de Tutela

En septiembre, la Asociación Nacional de Tutela actualizó sus "Preguntas frecuentes" para los tutores durante la pandemia de Covid-19 ([https://www.guardianship.org/wp-content/uploads/2020/04/FAQ\\_FINAL\\_04162020.pdf](https://www.guardianship.org/wp-content/uploads/2020/04/FAQ_FINAL_04162020.pdf)). Este documento también está disponible en español (<https://www.guardianship.org/wp-content/uploads/FAQ-final-complete-Spanish-5-22.pdf>).

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### Coming Soon: Guardianship Support Center Materials in Spanish

You've asked for materials in Spanish, and we've listened! This month, the GSC will publish several of their most frequently requested documents in Spanish, as well as updated English versions with improved readability. The new publications will include Spanish versions of "An Overview of Legal Decision-Making," "A Ward's Rights," and our Guardianship Packet ("Basics of Guardianship," "Process to Establish a Guardianship of an Adult," "Notice and Service Requirements," "Rights of a Proposed Ward"). They hope to be able to offer additional documents in the future.

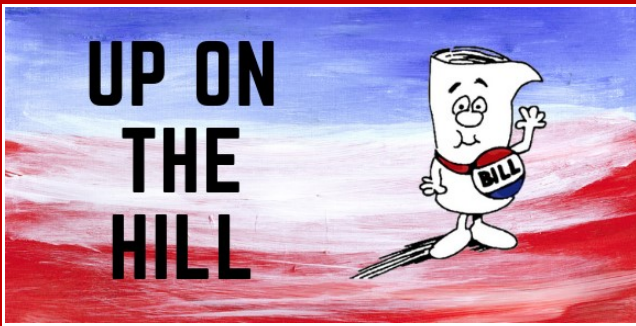
In addition, they have been working with the state courts system to recommend that guardianship court forms be made available in Spanish. Currently all guardianship standard court forms are available in English only. While they do not yet have an ETA on this project, GSC will provide updates as these forms become available.

You can find these materials here: <https://gwaar.org/guardianship-resources>

### Próximamente: Materiales del Centro de apoyo para la tutela (GSC) en español

¡Ha pedido materiales en español y le hemos escuchado! Este mes, el GSC publicará varios de nuestros documentos solicitados con mayor frecuencia en español, así como versiones actualizadas en inglés con una mejor legibilidad. Las nuevas publicaciones incluirán versiones en español de "Una descripción general de la toma de decisiones legales", "Los derechos de un pupilo" y nuestro Paquete de tutela ("Conceptos básicos de la tutela", "Proceso para establecer la tutela de un adulto", "Requisitos de avisos y notificaciones", "Derechos de un pupilo propuesto"). Esperamos poder ofrecer documentos adicionales en el futuro.

Además, hemos estado trabajando con el sistema de tribunales estatales para recomendar que los formularios de los tribunales de tutela estén disponibles en español. Actualmente, todos los formularios judiciales estándar de tutela están disponibles solo en inglés. Si bien aún no tenemos una fecha prevista para este proyecto, proporcionaremos actualizaciones a medida que estos formularios estén disponibles. <https://gwaar.org/guardianship-resources>



## HUMAN RIGHTS DAY

Human Rights Day is observed every year on December 10th — the day the United Nations General Assembly adopted, in 1948, the Universal Declaration of Human Rights (UDHR). The UDHR is a milestone document that proclaims the inalienable rights which everyone is entitled to as a human being - regardless

of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth or other status. Available in more than 500 languages, it is the most translated document in the world.

### 2020 Theme: Recover Better - Stand Up for Human Rights

This year's Human Rights Day theme relates to the COVID-19 pandemic and focuses on the need to build back better by ensuring Human Rights are central to recovery efforts. We will reach our common global goals only if we are able to create equal opportunities for all, address the failures exposed and exploited by COVID-19, and apply human rights standards to tackle entrenched, systematic, and intergenerational inequalities, exclusion and discrimination.

December 10th is an opportunity to reaffirm the importance of human rights in re-building the world we want, the need for global solidarity as well as our interconnectedness and shared humanity. Under UN Human Rights' generic call to action "Stand Up for Human rights", they aim to engage the general public, partners and the UN family to bolster transformative action and showcase practical and inspirational examples that can contribute to recovering better and fostering more resilient and just societies. Some calls to action include:

- **End discrimination of any kind:** Structural discrimination and racism have fueled the COVID-19 crisis. Equality and non-discrimination are core requirements for a post-COVID world.
- **Address inequalities:** To recover from the crisis, we must also address the inequality pandemic. For that, we need to promote and protect economic, social, and cultural rights. We need a new social contract for a new era.
- **Encourage participation and solidarity:** We are all in this together. From individuals to governments, from civil society and grass-roots communities to the private sector, everyone has a role in building a post-COVID world that is better for present and future generations. We need to ensure the voices of the most affected and vulnerable inform the recovery efforts.
- **Promote sustainable development:** We need sustainable development for people and planet. Human rights, the 2030 Agenda and the Paris Agreement are the cornerstone of a recovery that leaves no one behind.



Learn more about Human Rights Day and the United Nations at:  
<https://www.un.org/en/observances/human-rights-day>



# *Benefit Specialist Corner*

## **Help Loved Ones Make the Most of Their Medicare**

After a challenging year for everyone, the Holiday season is finally upon us. Whether you plan to gather in person or virtually this year, the holidays remain a special time to spend with family and friends. And this provides an important opportunity to check in with your loved ones. If your loved one has Medicare, tell them about some of the benefits that can help them find better health and may even save them some money in the new year.

Medicare Part B covers many preventive health services and screenings including a yearly “Wellness” visit. This visit provides an opportunity to talk with your doctor or other health care provider to develop or update a personalized plan to prevent disease based on your current health and risk factors. You pay nothing for the yearly “Wellness” visit if the doctor or other qualified health care provider accepts Medicare assignment. If the doctor or other health care provider performs additional tests or services during the same visit that are not considered preventive, you may have to pay a co-payment and the deductible may apply. But remember, if there is a health problem, early detection could save your life. More information about the preventive services covered by Medicare can be found in the *Medicare and You 2021* handbook or on the Medicare website ([www.medicare.gov](http://www.medicare.gov)).

What if your loved one is struggling to keep up with their health care costs? You may be able to help by telling them about Medicare related programs designed for Medicare beneficiaries who have limited or low income and assets. “Medicare Savings Programs” can help qualified individuals by paying their Part B premium for them. That alone can save them \$148.50 per month in 2021. Some also have their co-pays and deductibles paid, based on their income and assets. Another program, known as “Extra Help”, assists qualified individuals with their prescription drug costs.

People with income less than \$1,595 (\$2,155 for a married couple) and assets less than \$13,110 (\$26,160 for a married couple) may be eligible for one of these programs. For more information or assistance, contact the ADRC at 262-548-7848.

This Holiday season, enjoy the peace of mind that comes from knowing you helped your loved one make the most of their Medicare benefits.

## **Welcome to Medicare Class**

The Aging and Disability Resource Center of Waukesha County hosts virtual ‘Welcome to Medicare’ classes on the second Wednesday of each month at 1 p.m. and 5:30 p.m. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare. The class is held virtually, but you are welcome to contact the ADRC if you have concerns about accessing the class. To register for this free class or for more information, please contact the ADRC at 262-548-7848 or online:

<https://www.waukeshacounty.gov/HealthAndHumanServices/adrc/adrc-benefits-counseling/ElderBenefitSpecialistProgram/>



**Turning 65?**  
**Need Medicare?**



## Put Your Mask on First!

The Caregiver's Guide  
to Self-Care



Dr. Gary Bradt  
Scott Silknitter

## ADRC VIRTUAL BOOK CLUB

**6 weeks - Wednesdays, January 13 - February 17 at 11:00am**

We will be using Microsoft Teams as our virtual platform for this book club. Author(s) Dr. Gary Bradt and Scott Silknitter will join us for a session to answer your questions and provide insight.

Dr. Gary Bradt is an inspirational speaker and writer on change and leadership. He is both a clinical psychologist and entrepreneur.

Scott Silknitter is the founder of R.O.S. Therapy Systems and co-author of the new book series, Activities for the Family Caregiver.

**Please call 262 548-7883 to register for this event by 12/16/2020**

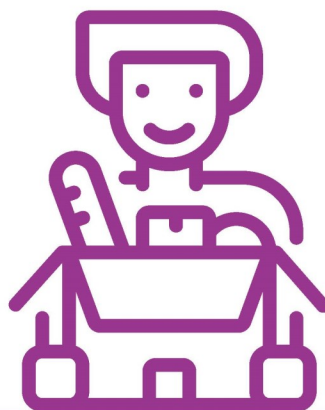
## FREE BOOK PROVIDED!

Caregiving is hard because it's hard. There is no other way to say it. Let us be your companion in this journey. Let us help you navigate the many changes you will experience, from different roles to different thoughts of what a normal life is.

We encourage you to take care of you in order to take care of them—you must Put Your Mask on First! Let us show you how. Put Your Mask on First is a ground breaking new book for caregivers to help them deal with the changes in their loved one and their own life by starting with taking care of yourself first.

The book covers the need for caregivers to take care of themselves first with strategies in the following areas: Why you have to take care of you first, How to manage guilt and anger, Dealing with small daily changes, Dealing with life altering changes, How to ask for help, and Pursuing your path to happiness. Life happens please let us help you work through those issues that may arise so you and your loved one can enjoy a higher quality of life.



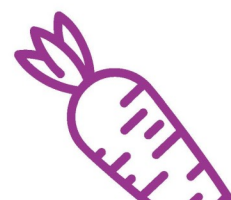
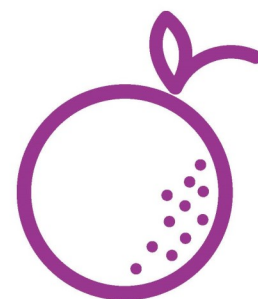
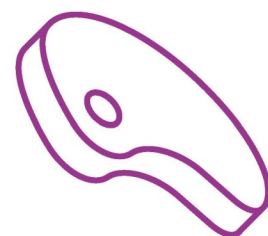


FROM OUR TRUCK INTO YOUR TRUNK

# FARM TO FAMILY FOOD BOXES

**DRIVE THROUGH DISTRIBUTION IN THE FOOD  
PANTRY PARKING LOT, 1301 SENTRY DRIVE.  
NOVEMBER 17 & 24, DECEMBER 8 & 22  
9:00 AM TO 11:00 AM**

- Open to the public, no registration required.
- Quantities are limited and given out on a first come, first serve basis.
- Have room in your vehicle's trunk or backseat to accommodate a box of food.
- Follow directions of signs and volunteers. Do not exit your vehicle.





# Craveable Cranberries

Cranberries are nutritional powerhouses! They are rich in **polyphenols** (a type of antioxidant) that may help to prevent chronic diseases such as heart disease and cancer. Cranberries also a great source of vitamin C and fiber.

**Cranberries are available frozen and canned year-round, but in the fall and winter, you can buy them fresh. Cranberries will stay fresh for up to two months in the refrigerator!**

**With fresh or frozen cranberries, you can make...**

## Easy Cranberry Sauce:

*Makes: 10 servings*

Ingredients:

- 1 bag (12 ounces) fresh cranberries
- 1 cup orange juice
- $\frac{3}{4}$ -1 cup sugar, to taste
- 1 teaspoon cinnamon

Directions:

1. In a medium saucepan over medium heat, add cranberries, orange juice, sugar, and cinnamon. Stir to combine.
2. Cook mixture until cranberries start to pop, about 10-15 minutes. Remove from heat.
3. Serve immediately or store in the refrigerator. Cranberry sauce will thicken as it cools.

Tastes great on chicken, turkey, or pork, or stirred into oatmeal.

**With dried cranberries, you can make...**

## Cranberry Brussels Sprouts

*Makes: 6 servings*

Ingredients:

- 1  $\frac{1}{2}$  pounds of Brussels sprouts, halved
- 3 Tablespoons olive oil
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon pepper
- 1 Tablespoon apple cider vinegar
- 1 Tablespoon honey
- $\frac{1}{2}$  cup dried cranberries

Directions:

1. Preheat oven to 425 degrees. In a large bowl, toss Brussels sprouts with oil, salt, and pepper. Transfer sprouts onto a baking sheet. Spread in an even layer.
2. Bake until Brussels sprouts are fork tender with golden brown/slightly crispy edges, about 20 minutes.
3. Return the roasted sprouts to the bowl. Add honey, apple cider vinegar, and cranberries and toss to distribute evenly. Serve.

**With canned cranberries, you can make...**

## Cranberry Dip

*Makes: 8 servings*

Ingredients:

- $\frac{1}{2}$  cup whole-berry cranberry sauce
- $\frac{1}{2}$  cup nonfat or low-fat vanilla, lemon, peach yogurt
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon ground ginger

Directions:

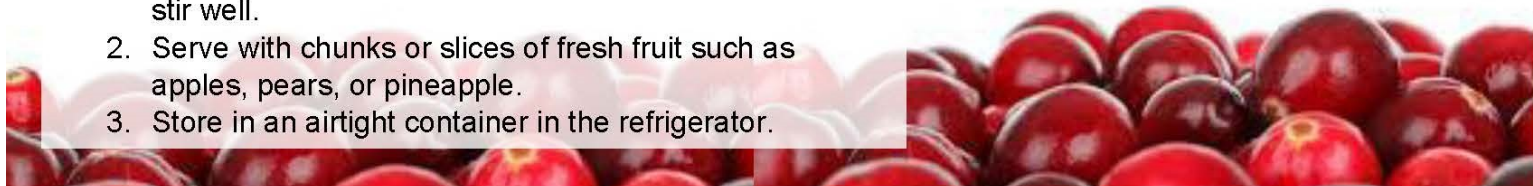
1. In a medium bowl, mash the cranberry sauce slightly until it is fairly smooth. Add remaining ingredients and stir well.
2. Serve with chunks or slices of fresh fruit such as apples, pears, or pineapple.
3. Store in an airtight container in the refrigerator.



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY

515 W Moreland Blvd.  
Administration Center Rm G22, Waukesha WI 53188  
Phone: 262-548-7877  
Para más información español comuníquese con 262-548-7882  
waukesha.extension.wisc.edu

FoodWise is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit [access.wi.gov](http://access.wi.gov) to learn how to apply. For more about FoodShare in Waukesha County, families with minor children can call 262/695-7971 or if you are elderly or disabled, call 262/548-7708.



# Health Insurance Marketplace Open Enrollment

The Health Insurance Marketplace Open Enrollment Period runs from Sunday, November 1 through Tuesday, December 15, 2020. Coverage begins January 1, 2021. If you do not enroll in a plan by December 15, 2020, enrollment is not available at any other time of the year unless you qualify for a Special Enrollment Period. For more information go to:

<https://www.healthcare.gov/>

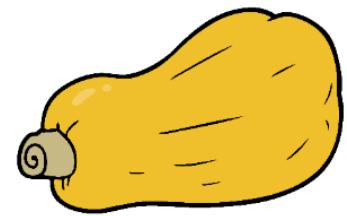
## HARVEST OF THE MONTH

The “Harvest of the Month” program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For December, the highlighted produce item is Butternut Squash! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly

e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



*December*  
**BUTTERNUT  
SQUASH**



**Live Well**  
Waukesha County

## Stay Active This Winter!

Just because the winter chill is starting to set in doesn't mean you can't stay active in the community. Check out the local parks in Waukesha County and go for a walk or a bike ride to stay active.

**ProHealth Care Nutrition Classes available this winter!**

**Learn More and Register:**

<https://www.prohealthcare.org/classes-events/search-results/?TermId=1e4055b1-efc7-e811-a2c8-001dd8b71cdf>

# COVID-19

## SHOPPING TIPS

### WATCH WHAT YOU TOUCH



#### Disinfect cart and basket handles

Sanitize or use disinfectant wipes to clean cart and basket handles before use.

### WASH YOUR HANDS



#### Don't forget the soap

Wash your hands with soap for at least 20 seconds or use an alcohol based hand sanitizer with at least 60% alcohol.

### SHARING IS CARING



#### Be fair, please share

Stockpiling can mean someone may not be able to buy what they desperately need.

### PERSONAL HYGIENE



#### Don't spread germs

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Don't forget to wash your hands afterward.

### SOCIAL DISTANCING



#### Keep a personal radius

Staying at least six feet away from others, even in the checkout line, does not make you unfriendly, it makes you considerate.

### ESSENTIAL OUTINGS



#### Wear a cloth face covering

You can be infected and not show any symptoms. Wearing a cloth face covering is beneficial for your health and can lower the risk of community spread when physical distancing is difficult to maintain.



# Staying Together Through Technology

Many of us are wondering what the future will hold, how are the holidays going to look this year and how can we stay connected with the ones we love through it all. One option is staying connected virtually. There are many options, and most are easy to use which makes visiting virtually a fun way to be with our families even when we are apart.



There are also several options for devices you can use to help you stay connected. Some can be purchased or on a monthly plan. Below you will find a list of a few options for devices that can be used to stay connected.

- GrandPad® is designed with seniors in mind – the innovative device comes with features for connecting with loved ones, without the complicated features of other tablets. The large buttons and intuitive interface make the GrandPad a simple tablet for seniors who are ready to start video chatting and sharing memories with family and friends around the world. Visit this site to learn more: [www.grandpad.net](http://www.grandpad.net)
- Viewclix is a tablet combined with a digital picture frame. With ViewClix, family members can use the video calling function to reach out to family members. When not in use, the device acts like a digital picture frame. Family members can regularly send updated photos to the device for display to their loved ones. <https://www.viewclix.com/>
- Apple products utilize the FaceTime feature for video calling.
- Facebook Portal is a video calling hub that allows you to call any other Facebook member in your friends list. Learn more here: <https://portal.facebook.com/products/>
- Google Nest Hub is another video calling device. Find out more here: [https://store.google.com/us/product/google\\_nest\\_hub\\_max](https://store.google.com/us/product/google_nest_hub_max)

As you can see, there is no shortage of devices to choose from. For some, the problem is learning *how* to use these strange new devices. The resources listed below teach consumers how to use those devices.

- Generations Online is a beginner computer training program. The website has many helpful tutorials, user guides and other helpful information to assist people with using tablets, smartphones and various virtual platforms to assist you in getting connected and into the homes of your loved ones virtually. The tutorials can guide someone who has never touched a computer before to learn the internet, email, and the basic tools needed to participate in the cyber world. To learn more visit the website at <https://generationsonline.org>

Generations Online also has these two quick link tools that are designed as tutorials:

<https://www.gol4apple.org/family/indexfamily.html>

<https://www.gol4apple.org/zoom/260zoom002020.html>

- Apple product users (iPhone, iPad, Mac, etc.) can learn how to use the FaceTime feature by visiting the following website: <https://support.apple.com/en-us/HT204380>
- Facebook users can learn how to use their device by visiting this website to learn more: [https://www.facebook.com/help/1071984682876123?helpref=hc\\_global\\_nav](https://www.facebook.com/help/1071984682876123?helpref=hc_global_nav)
- Local libraries are usually a very good source for learning how to use devices and programs. Check out your local library for options.

Maintaining contact with the ones we love is important for the mind and the soul. The technology available today provides options that are vast and makes it easier than ever to see, hear, and stay connected!



## National Guard Celebrates a Big Birthday

On Sunday, December 13, 2020, the National Guard will be celebrating a big birthday, 384 years of existence! One of the most common activities to celebrate is with a cake cutting ceremony in which the oldest member and the youngest members of the celebrating Guard unit cut a cake together.

The official birthdate of the Army National Guard as a reserve component of the Army is Dec. 13, 1636. On this date, the first militia regiments in North America organized in Massachusetts. Based upon an order of the Massachusetts Bay Colony's General Court, the colony's militia was organized into three permanent regiments to defend the colony better. This date is recognized based upon the Defense Department's practice of adopting the dates of initial authorizing legislation for organized units as the birthdates of the active and reserve components of the armed services.

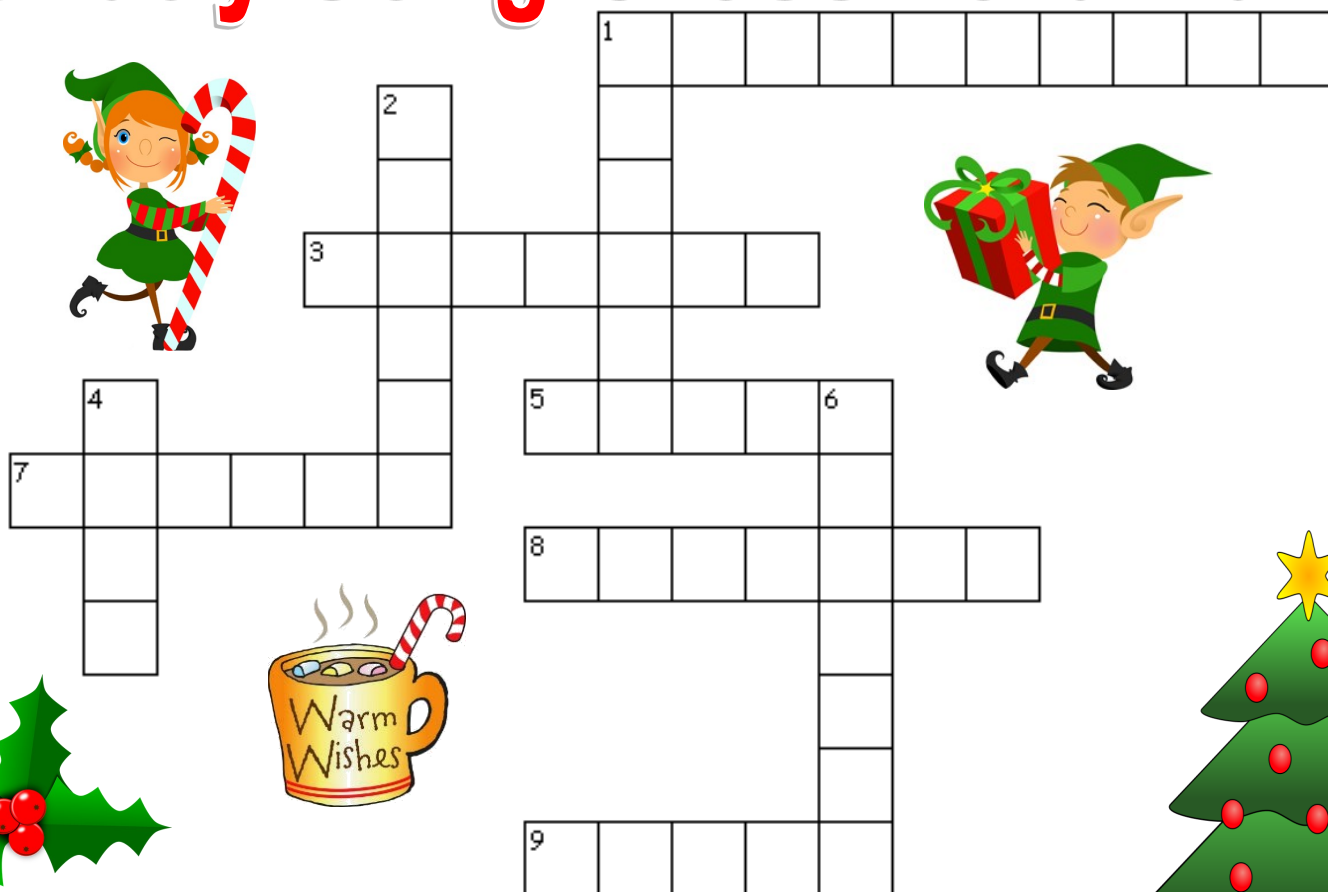
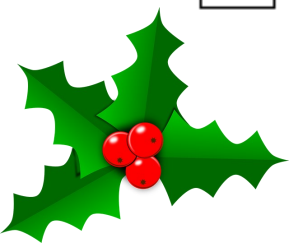
The National Guard includes the Army National Guard and the Air National Guard. These two units have a mission to equip, train and deploy when needed in emergencies for contingencies around the world. The National Guard is a unique element of the U.S. military that serves both community and country. The Guard responds to domestic emergencies, overseas combat missions, counterdrug efforts, reconstruction missions and more. Any state governor or the President of the United States can call on the Guard in a moment's notice. Guard Soldiers' primary area of operation is their home state.

When a person joins the Active Army, their military service becomes their full-time job, and they will most likely be relocated to live on a military base. It's a 24/7 commitment for the length of their enlistment. When one joins the Guard, they are required to attend a paid drill one weekend a month and attend paid Annual Training for two weeks every summer. When needed, they can be called into full-time, Active-Duty service. But the rest of the time, they live in their local community and have more flexibility to pursue their career or education.

The National Guard has made many significant contributions in its 384 years of existence: The American Revolution, WWII, Hurricane Katrina and 9/11 to name a few. Now more than ever we are seeing and hearing how the National Guard is assisting with COVID-19 response missions. Since March, the Wisconsin National Guard has fulfilled a variety of roles across the state. Guard Units have conducted mobile testing at correctional facilities, health clinics and institutional facilities, private businesses, senior living facilities, and community-based testing sites. In addition, troops work at a call center, informing people of their test results. Guard members have helped process, package and ship personal protective equipment (PPE); served as medical and administrative staff at state-run voluntary self-isolation facilities in Milwaukee, Madison and Milwaukee County; and assisted the Dane County coroner's office with mortuary affairs operations. As their slogan states, "Always Ready, always there", one wonders if they will have time to enjoy a piece of cake on Sunday, December 13<sup>th</sup>. As one does with other Armed Services, if you know someone in the National Guard, thank them for their service.



# Holiday Song Crossword Puzzle



## Across

1. "I saw Mommy kissing \_\_\_\_\_!"
3. "Rockin' around the Christmas tree, have a happy holiday. Everyone \_\_\_\_\_ merrily, in a new old-fashioned way."
5. "Have a Holly Jolly Christmas, it's the best time of the year, I don't know if there'll be snow, but have a cup of \_\_\_\_\_!"
7. "On the 5th Day of Christmas, my true love gave to me, 5 \_\_\_\_\_ rings!"
8. "Feliz \_\_\_\_\_" - Merry Christmas in Spanish
9. "All I want for Christmas is my two front \_\_\_\_\_!"

## Down

1. "Oh what fun it is to ride in a one horse open \_\_\_\_\_"
2. "'Tis the \_\_\_\_\_ to be jolly! Fa la la la laaaa la la la la!"
4. "Frosty the Snowman, was a jolly, happy soul. With a corncob pipe and a button nose, and two eyes made out of \_\_\_\_\_."
6. "\_\_\_\_\_ the Red Nosed Reindeer, had a very shiny nose!"



Across: 1. SantaClaus 3. Dancing 5. Cheer 7. Golden 8. Navidad 9. Teeth  
Down: 1. Sleigh 2. Season 4. Coal 6. Rudolph



ADRC of Waukesha County  
Human Services Center  
514 Riverview Avenue  
Waukesha, WI 53188

If you would like to be added to or removed from this mailing, or if you would like to receive our Newsletter electronically, please call the ADRC at (262) 548-7848.

Si desea ser agregado o eliminado de este correo, o si le gustaría recibir nuestro boletín electrónico, favor de llamar al centro de recursos del envejecimiento y discapacidades (ADRC) al 262-548-7848.

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